

## Acts of Service

If your spouse normally gets up before you in the morning it will probably mean a lot to him or her if you get up first and get the shower running and breakfast going. In this you display a thoughtfulness that is sure to please.

If your spouse does the laundry remember that it can be irksome when clothes are left around, or on top of the laundry hamper. If you or your children do so, begin to serve your wife by putting any clothes you see outside the hamper inside of it.

Does your spouse have a favorite garment that isn't being worn due to a missing button or a tear? If so, here are a couple options: 1) Sew the tear or patch it yourself, 2) Ask a sewing savvy friend to help, or 3) Drop it off at a local cleaner and let them do the work.

Maybe seen as a little old fashioned, but it's always a nice and respectful gesture to hold a door open for others and allowing them to enter before you. In doing so, you literally put others before yourself.

In today's economy, an excellent resume can really set a person apart from the rest in the hunt for the right position. If you are resume crafty, offer to help a friend develop his or her own. This act of service is one that will be richly rewarding for both of you.

Take time this week to appreciate those who usually go unnoticed. Leave a note and a bottle of water for your garbage collector, or a small gift for the mail courier that comes by your house. Make a point to serve those who serve you!

Does one person in your home usually make dinner? Try to come home early or make time to help them out with preparations. Or, better yet, gather some recipes and offer to take over for the evening. Top it all off with pizzazz by adding an exquisite dessert.

Surprise your spouse by doing a task he or she would never expect such as taking the dog to the groomer, cleaning out the pantry, or reorganizing the basement to make room for home business files. This will show you are thinking about them and their needs.

Do you know of a friend or family going through an especially stressful or busy time? Prepare a meal for them and deliver it to their home. They're sure to appreciate your thoughtfulness; there's nothing like a home cooked meal that you didn't have to prepare!

Surprise your roommate by completing a dreaded task around the house while they're away. This may be as simple as taking the trash out or sweeping the kitchen floor, but is sure to go a long way in making your roommate feel known and cared for.

If a friend of yours isn't feeling well, put together a "recovery box" and deliver it to him or her. Tissues, soup, and a good movie are essential! You may not want to stay and watch it with them, but your friend is sure to feel loved and taken care of by your kind actions.

Make getting ready for the day a chance to lend a hand to your child. Assist them in picking out their outfit or getting their things together, and make sure they get a good breakfast in their stomach before heading out the door!

For one week, wake up half an hour early (or stay up half an hour later) and dedicate this time to doing acts of service for your spouse. Whether it be loading the dishwasher or making him or her a cup of coffee, your partner is bound to feel seen and loved.

If your friend has been talking about learning a new skill or improving in a certain area, find a local or online class to sign him or her up for. If you would also like to speak the love language of Quality Time, you can sign up for the class as well.

If you attend a church, volunteer to help out with their summer VBS program. Churches are always needing extra hands to help out, or even items donated, and this can be a great way to get involved while serving others.

Occasionally wake up a half-hour earlier than normal to prepare a special breakfast for your spouse and/or children. This will help everyone start the day off on the right foot.

If you're celebrating 4th of July with your extended family, try to be extra aware of dirty dishes and trash laying around. Helping to tidy up as the day goes on, will mean that there will be much less work for whoever gets stuck with cleanup duty.

Wait for a rainy day and set up a "Laser Beam Challenge" for your kids! Tape party streamers throughout a hallway and challenge them not to break any. Not only will you be awarded a bit of a break, but your kids will appreciate the effort you put into helping them have a fun day.

Find yourself with nothing to do on a Saturday? Take this time to volunteer at a local food pantry, children's home, or church ministry. Every little bit can help make a difference in people's lives, and your willingness to serve others can have a great effect on those you're working with.

Help clean out the house by collecting unwanted items, and host a weekend yard sale. Let kids join in on the fun by setting up their own lemonade or cookie stand for customers. This can be a great constructive activity for the summer months, and also a blessing to your family.

Are you friends with anyone who has young children? Offer to watch their kids for an evening so they can get a little time off to rest, rejuvenate or go on a date! Giving parents little breaks like this can make a world of difference for them, and they are sure to appreciate your kindness.

If your spouse's love language is Acts of Service, consider taking on an extra chore around the house or apartment (e.g. dishes, vacuuming,) in order to lighten his or her load. A simple selfless act can do wonders for an overworked/overwhelmed spouse.

Summer is coming, so what better way to celebrate than by having a neighborhood get together? Start the grill, bring out the lemonade, and invite your neighbors for a time of fellowship and community.

Surprise your mom (or wife) with breakfast in bed! It will be a great start to her morning, and-potentially- a nice change of pace.

With the arrival of spring cleaning, find your spouse's least favorite item on the agenda and complete it for them. Doing so will alleviate stress and show them that you are thinking of them.

Check your spouse's shoes to see if they are accumulating street salt stains this winter. If so, scrub them clean. Your spouse will be happy that his or her shoes are clean.

Some men don't enjoy cleaning or folding laundry, or even in some cases choosing what they will wear each day. Wives, do not miss this opportunity. If you take care of these things it will deepen his love for you, especially if his primary love language is Acts of Service.

As the weather changes, offer to help your spouse pack up or set aside the previous season's clothes. This is one of those chores people often avoid, but once it's finished feels really nice. For extra Acts of Service points, make some southern sweet tea to sip while you work.

Surprise your parents by doing all of their yard work over an extended period of time when they're not home. Don't mention it to them unless they ask you if you did it. If their love language is Acts of Service, it will mean the world.

Fill each room in your house with love...and light. If the windows at your house or apartment are dirty, break out some glass cleaner and paper towels and wipe those bad boys down. This is highly noticeable. Act of Service is sure to please.

Plan a CLEAN-A-THON! Plot your course by writing down things you would like to do in each room of the house. Start with a bang and spend less than five minutes in each room sprinting through the course cleaning, folding, organizing- whatever you listed. You'll certainly clean in record time.

Acts of Service got you stumped? Designate a honey-Do bank in your home. Instruct your spouse to drop in Acts of Service suggestions as they come to mind and then periodically pull one out and do what it says. Repeat often to keep your spouse's love

tank full and chores accomplished.

True leadership requires a willingness to serve others- either one's customers or colleagues. If there is someone at work who appears frustrated or overwhelmed ,ask him or her if you can be of assistance. Have a good attitude and help in the way he or she wants you to help, not just the way you think you should help.

Parents, consider laying your toddler's school clothes out the night before. This act of service will not only make him or her feel special (that is, if he or she likes the clothes you pick out), but it will also help you if your child is a late riser.

Next time there is a load of dishes in the sink, offer to help your spouse. Don't complain and try to have fun while you do it. Working together, the dishes will get done quickly and you'll be left with plenty of time for other fun activities.

"My husband works a swing shift , and as a result he is always tired. When he is coming home from work after working 3-11 pm, I sometimes surprise him by having the garbage can brought out to the road (typically his job) and having a snack plate and beverages ready for both of us to sit down together and have some quality time and snuggling. His big smile is a wonderful reward for me and fills my love tank too!" -Jennifer

If your parents live close, go to their house when they are not home and clean every room. Before you leave, place a tender note expressing your appreciation for them in a place they're sure to notice.

Offer to watch a friend's child for the evening so he or she can have some spouse time. It's often easy to overlook the needs of others, but this simple gesture can help your friend feel doubly loved.

Choose a day that you have some free time and run some errands for your spouse. Let him or her know as soon as you're finished so that he or she can invest that time in doing something more enjoyable. Your kindness is sure to be appreciate.

Next time it is raining and you are with your spouse or kids in the car, offer to be their personal valet service drop them off at the door, or if that isn't possible, jump out and offer to make rounds to the door covering each with an umbrella.

Ask a friend if you can take his or her car out for a detail. Take it to the carwash, vacuum it out, add an air freshener, and top off the gas tank! If his or her love language is Acts of Service, your generous act will be extremely meaningful.

If you'll be entertaining this weekend, make sure all the supplies are ready and available for whoever decides to prepare the meal or grill. That may mean picking up gas or coal, helping to prepare a side dish, gathering all necessary utensils, cleaning food containers and possibly even the grill.

Do you have a pool? If so, serve your family and friends by throwing a pool party! Send out custom invites, make arrangements to have the pool cleaned, and consider catering in or preparing some fun food.

“Last week my husband washed the dishes without being asked. This was something totally uncharacteristic of him. It’s the little things that count! I never thought of myself as a person who liked Acts of Service, but I guess I am.” -anonymous

Do you have a colleague that has been a little overworked lately? See if you can find some ways to help out. Even if it’s just offering to get him or her a cup of coffee or pick up some donuts, showing you notice and care speaks volumes.

If your child is in school, find a subject that he or she is struggling in that you are capable of helping with. If his or her love language is Acts of Service, this will show that you care deeply about his or her success.

“When my husband bought his motorcycle, I did not like it at all. I finally went on a ride and now I love it! When he is getting the cycle ready for riding, I’ll go out and help him clean it. He loves me helping and I get my tank filled with quality time, too!  
- Anonymous

Today is Relaxation Day! Yup, you read that right—[verify it here](#). So why not help your spouse celebrate this day by speaking the love language of Acts of Service? Run with it. "My spouse is just serving me too much today," said no one ever.

Sometimes we acquire things over the years that turn useless. Team up with your spouse and find those physical (or even digital) items no longer needed. If they could be beneficial to someone else, pack them up and take to the nearest thrift shop or family in need. If not, trash them. You’ll be amazed at how good it feels to declutter.

“My husband has to be away for work a few days at a time. Sometimes, I’ll “steal” his vehicle to detail it and fill it up with gas, try to have the house neat and tidy, or do something like pull weeds in his garden. He loves these thoughtful surprises.” -Robin

Do chores preemptively. Try mowing the lawn a day before it really has to be done, or do the dishes when there are only a few to be cleaned. Acts of service are always more meaningful when you notice the need before being asked.

It’s important to make sure you are helping an Acts of Service lover in a way that translates that you want to, not have to. Be conscious of your tone and body language, and never lord your actions over him/her at a later date.

If you notice a coworker overwhelmed with projects, offer to help them out in some way. Not only will you strengthen a friendship, but you will also help reduce his or her stress

level while creating a more positive work environment.

If your child has been especially stressed with school lately, find something that he or she left untidy (i.e. clothes, dishes) and take care of it. This will remind your child that you are supportive even when circumstances are challenging.

“I got it.”- Learn to insert these three words whenever you notice a need you can fill. When there are groceries to be brought in... “I got it.” When there are dishes to do... “I got it.” When someone needs to sweep the floor or wipe up a spilled mess... “I got it.” You get the idea.

Some children have trouble keeping their room clean- maybe yours? This weekend, offer to help them clean their room or organize their clothes. Not only will it help them feel loved, it will give you some peace of mind.

“One of the best things anyone can do for a mom (or wife) is to empty the garbage without being asked. Why such a simple thing? Because it lightens mom’s load and that simple task will be truly appreciated!” -anonymous

The smallest of things can often make a world of difference. Look for little opportunities daily to express acts of services to others (e.g. load dishwasher, brew the coffee, change a lightbulb, walk the dog). Don’t wait to be asked, just do it.

Find several chores around the house that need to be done. As you complete them, place a rose nearby to signify that it’s done. As your spouse notices your hard work and the many roses, he or she will swoon over you, especially if his or her love language is Acts of Service.

Specific prayer for the need of someone else can be a powerful act of service. As we petition god on behalf of others, we help to carry the burden and weight of overwhelming circumstances, trial, and/or tragedy (Galatians 6:2)

Football season is now in full swing. If you invite some buddies over on a sunday afternoon to watch a big game or two, don’t forget to offer drinks and serve some snacks. Working the grill can also be a wonderful Act of Service.

Be sure to take some time to help your children with their homework or hobbies if they need it. This will let them know that you are willing to prioritize their interests over other responsibilities you have.

If your spouse doesn’t enjoy ironing, offer to iron his or her clothes whenever you are able. It’s a relatively easy thing to do and speaks volumes in terms of Acts of Service.

Does your family like to watch football together? Make each game a party by serving tasty appetizers, performing your own half-time show, and having lightning rounds of conversation starters during the commercial breaks.

Do you have children? If so, then you know that sometimes your life can feel a little scrambled when they're young. If you have a friend with a new infant, offer to bring dinner over, pick up some items from his or her shopping list, or watch the kids in the house while he or she gets some rest.

"Whenever possible, my husband loves to prepare meals for us. However, he goes above and beyond making sure that no detail is overlooked, including the presentation. He is very careful to garnish with just the right flare, and makes a point to plan the meal prep so that we have litting tastings throughout that build up to the finale." -anonymous submission

"My husband works 10-hour days, so I clean the house and set up what items I can for his next day before he gets home. This helps him to *really* relax. The Act of Service isn't grand, but meaningful to him." - Lizabeth

Next time you want to spend some time together with someone you love, why not take care of all the details? When it comes to planning a date vacation, or even an evening out, there are many details to consider so call the babysitter, set the reservation, and get your Acts of service on!

Next time it is raining and you are with your spouse or kids in the car, offer to be their personal valet service. Drop them off at the door, or if that isn't possible, jump out and offer to make rounds to the door covering each with an umbrella.

After years of serving your needs as a child, wouldn't it be great to reciprocate the service?! Does your mom love to cook? Help her out in the kitchen. Does she enjoy entertaining? Help her plan a get together. Wherever her joy may be found, add to it by serving alongside her.

Holding the door open for others is an extremely thoughtful gesture, and certainly communicates the love/appreciation language of Acts of Service. It's amazing how such a small gesture can make a person feel so noticed, valued, and cared for.

Is your child having a hard time keeping things organized or picked up? This weekend, spend some time helping to clean up and organize the one area that needs the most help. Maybe it's the closet, his/her school bag, junk drawer, or dresser.

I don't know many children who like to make their bed, empty the dishwasher, or clear the table. Why not create "chore coupons" that your child can use once a week (pending good behavior) in lieu of a chore. This type of reward reinforces good behavior and models humility for your child.

Appreciation communicated through an act of service is doing a little something that makes a colleague's day go better—opening the door for them, offering to bring them something from the break room or supply room, or staying a little late with them to help

finish up a project.

Squeaky doors can be annoying, but often get overlooked. If you have one or more squeaky door in the house, here are some quick and easy solutions that will help show your spouse you really know how to speak his or her love language.

If you happen to know (wink wink) a child who can really tear a room up playing, try making clean up fun with sport. Challenge your child to a curling competition to help sweep, go fishing together and try to catch some toys, or relay "toys" to the toy box.

If it is your turn to make dinner, what can you do to make it an extraordinary experience? Maybe it's dressing up as a maitre d'—complete with a towel folded over your arm. Light some candles. Call in some musician friends or have some background music playing. In essence, serve dinner with style.

Sometimes a burned out light bulb can go unnoticed for a long stretch of time. Take a few moments to look through your home or office for lights that have burned out and replace them accordingly.

Do a chore preemptively. Try mowing the lawn a day before it really has to be done, or do the dishes when there are only a few to be cleaned.

If you're a parent, why not consider laying out an outfit for your child on a school night. This will not only make them feel loved (if he or she likes the clothes you pick out), but it will also help you if your child is a late riser.

If your child has been especially stressed with school or extracurricular activities lately, find something that he or she left untidy (i.e. clothes, dishes from an after school snack in their room) and take care of it. This will remind your child that you are there for them even when circumstances are challenging.

If your parents live close, go to their house when they are not home and clean every room. Before you leave, place a tender note expressing your appreciation for them in a place they'll notice it.

Choose a day that you have some free time and run some errands for your spouse. Let them know as soon as you're finished so that they can invest that time in doing something more enjoyable. They will certainly appreciate your kindness.

Be sure to take some time to help your children with their homework or hobbies if they need it. This will let them know that you are willing to prioritize their interests over other responsibilities you have.

If your spouse normally cooks dinner for the family and you are capable of doing so well, offer to take over that responsibility one day a week. Encourage your spouse to take the extra time he or she has to relax and enjoy something they would otherwise not be able to.

As you do things for your spouse, take care to do them in the way your spouse would prefer them to be done. For example, if it is important to him or her that the dishes are moved from the dishwasher to the cupboard in a timely manner, make sure you do so.

Surprise your parents by doing all of their yard work over an extended period of time when they're not home. Don't mention it to them unless they ask you if you did it. If their love language is Acts of Service, it will show them that you deeply appreciate them.

As the weather changes to chilly, offer to help your spouse pack up or set aside the previous season's clothes. This is one of those chores people often avoid, but once it's finished feels really nice. For extra Acts of Service points, make some hot cocoa or apple cider to sip while you work. This will most certainly warm things up!

As the year's first snows begin to fall, find time to brush off or scrape the ice from a friend or loved ones' car or windshield. This will take him or her by surprise and free up a couple minutes of his or her morning.

Many men do not enjoy cleaning or folding laundry, or even in some cases choosing what he will wear each day. Wives, do not miss this opportunity. If you take care of these things for him it will deepen his love for you, especially if his primary love

language is Acts of Service.

Husbands, take charge of that blue collar project that your wife has wanted you to do for weeks... or months. If you are not blue collar, make arrangements to have a specialist take care of it. Take care that it is done in the way she wants it done, so that when she sees the finished product she will be thrilled.

Check your spouses shoes to see if they are accumulating street salt stains this winter. If so, scrub them clean. Your spouse will be happy that his or her shoes are clean, even in a snowy winter.

If someone close to you hasn't wrapped gifts yet, offer to assist him or her in the process. Not only will it be fun to spend time together, but your assistance will be appreciated, especially if his or her love language is Acts of Service.

Husbands, be sure to diligently keep the driveway clear of snow for your wife. If you don't she's sure to notice; if you do and she notices, she'll be charmed by your conscientiousness.

Husbands, if your wife does the laundry remember that it can be irksome when clothes are left around or on top of the laundry hamper. If you or your children do so, begin to serve your wife by putting any clothes you see outside of the hamper inside of it.

Wives, if your husband normally gets up before you in the morning it will probably mean a lot to him if you get up before him and get his shower, clothes, and breakfast ready. He will know that you care about his day, even from the very start.

Parents, if your children have regular chores and they have been doing them diligently for a long time, give them a week off chores by doing them yourself. They will enjoy the extra time that week and know that their responsibility and obedience is appreciated.

If your roommate has been stressed with academic, vocational, or other burdens recently, take extra care to keep the apartment or dorm room clean and organized. Consider even cleaning up some of his or her space if you know he or she would be okay with you doing so. If your roommate's life is chaotic, an organized and orderly living space will be appreciated all the more.

Husbands, if your wife uses her laptop a lot, it will probably mean a lot to her if you deep clean her laptop (base, keyboard, and screen with the appropriate cloth and cleaning solution) when she is away without it. The next time she opens her laptop, she will be delighted to see that it is immaculate.

Wives, if your husband works more than you and has been particularly busy recently, find a chore that he would normally do and do it for him until his schedule becomes less demanding. This will give him a moment to breathe and reassure him of your love for him.

Find several chores around the house that need to be done. As you complete them,

place a rose nearby to signify that it's done (if you do the dishes, place a rose in the strainer with the silverware, etc.). As your spouse notices your hard work and the many roses, he or she will swoon over you, especially if his or her love language is Acts of Service.

If your spouse's work space gets cluttered often, tidy it up (without misplacing anything) as a sign of your love and your appreciation for his or her work.

Roommates and housemates, if you share a bathroom with other people be the responsible one and clean it. If any of your housemates' primary love language is Acts of Service, this will elate them.

When making a quick trip out, always be sure to ask your spouse if they would like anything from the place(s) you are going. Even if they don't, the thought that you were willing to go out of your way for them will surprise and delight.

If a friend of yours is a parent, offer to help watch the kids occasionally. Everyone could use a little help with parenting.

"While your spouse is working, take the extra car key (swap parking spot with your car), and drive his or her car to a car wash and gas station. Return the car to where it was and leave a note on the car seat expressing your love." ~Bill

Do small things to help your spouse out with his or her chores. For example, if they cook the meal, set the table and/or do the dishes. These little things could make their day a lot easier.

Does someone you love play sports? If so, showing up and supporting them at their sporting events could serve as a wonderful act of service. Go the extra mile and serve the team at break time with a fun treat. This will make everyone's day... especially the one you love.

Who doesn't like to sleep in a clean bed? If it's been a little while since the sheets have been cleaned and the bed made, why take the initiative and do so for your spouse? Feeling comfortable and loved while falling asleep is a wonderful feeling.

Learning to ask on a regular basis if there is anything you can do to help someone else is not only a kind and thoughtful gesture, but it builds the kind of vocabulary that puts love into action. If the recipient of your question happens to have a primary love language of Acts of Service, your words will be music to his or her ears.

If you notice that your spouse's clothes are untidy in their drawer, take time to fold each of them neatly. They will appreciate the organization next time they open it, and everyone likes clothing better when it's not wrinkled.

Next time your spouse is in the shower, throw his or her favorite towel in the dryer for a few minutes. Ask him or her to let you know when the shower is almost over and that you'll have a surprise waiting. When it is, bring in the warm and toasty towel for your spouse to cuddle up in and dry off. A warm love tank is a full love tank.

If a friend of yours is moving soon, free your schedule and offer to assist them in the

process. Moving is hard work, and help is usually welcome.

Roommates, don't be hesitant about doing the dishes, whether they're yours or someone else's in the apartment. Everyone likes a clean home, and your attitude of service will likely challenge your roommates to behave in a similar way.

Husbands, is the garage in complete disarray? Do your wife a huge Act of Service and use this weekend to organize it.

If you are primarily in charge of the kitchen, take some time to organize the contents of drawers and cabinets. Your husband, wife, or kids will surely appreciate knowing where everything in the kitchen is.

If you share your residence with others, be preemptive about doing chores. While not allowing them to lazily use you, frequently sweep floors, do dishes, and other chores before they absolutely have to be done. If any of your roommates' primary love languages is Acts of Service, this will fill them with joy.

Computers tend to gather bits of data and files that over time can noticeably slow it down. If you are one who understands how to defrag and/or clean computers, the next time you notice a friend's computer running slowly offer to show him or her what they can do to speed it up. This generous act of service will not go unnoticed.

If you'll be grilling this weekend, make sure all the supplies are ready and available for whoever decides to cook. That means gas or coal for the grill, food items prepared, utensils gathered, dishes and food containers available, and possibly even the grill cleaned. These few extra preparations will go a long way in speaking the love language of Acts of Service to someone you care about.

If your spouse normally buys groceries and you know enough of what they will buy on the next trip to the store, do it for them a day ahead of time so that they don't have to.

Do you have a mentor, leader, parent, or pastor in your life? Why not ask if there is anything you can do to be of assistance today. Most likely there are several tasks that would probably ease their burden or stress if someone would just ask. Even if he or she declines your request, if their love language is Acts of Service, you'll still have made his or her day.

Does your spouse have an unorganized book case or library? If you find there is no real order to the books on the shelves, and your spouse wouldn't mind, arrange the books alphabetically, by color, or by size. If you are feeling really ambitious, dust the books and shelves as well.

Today is all about noticing. Take notice of some things that may be small irritations to your spouse. Maybe it's oiling a squeaky door, taking out the trash, cleaning a stain off the carpet or couch, tightening a loose screw, organizing a stack of papers, making the bed, or cleaning out a junk drawer. Whatever it is, take the initiative. Acts of Service are

intentional.

True leadership requires a willingness to serve others—either one's customers or colleagues. If there is someone who appears frustrated or overwhelmed at work, ask them if you can be of assistance. Have a good attitude and help the way they want you to help, not just the way

you think you should help. This is achieved by clarifying exactly what they need or expect from you prior to helping.

Is Tyler having some trouble with his math? Does Maggie sometimes forget how to spell a word or two? Flash cards can be great way to nurture your child's education. Next time you become aware of an upcoming test or quiz, help your child create flash cards. Work together with them until they feel confident with the material.

Having friends over for the game? Fill your wife's love tank by helping her clean the house before your company arrives (and after they leave too!) Think ahead and prepare the food in advance so she doesn't have to be cooking while you are enjoying the game with your friends.

The Honeydew Date is the very definition of enjoying the best of both worlds. On the one hand, you have the opportunity to spend quality time with your significant other, working together, and basking in each other's company. On the other hand, you have a chance to complete some long-neglected tasks and cross some errands off your to-do list. The key to success on this date is keeping your priorities in the right order. Job #1 is to enjoy time as a couple. Job #2 is to get things done.

Are you feeling a bit too overwhelmed for Spring cleaning? Plan a CLEAN-A-THON! Plot your course by going from room to room, writing down one thing you would like to do in each. Grab a stopwatch and get started: Spend five minutes in each room cleaning, folding, organizing—whatever you previously listed. When the five-minute mark hits, sprint to the next room. Repeat cycle until you've accomplished your goal. Break as needed. Over the cold winter months you may have had the delight of acquiring some useless things. Team up with a loved one to find those physical (or even digital) items no longer vital for your lives together. If they need a new home, then pack them up and take to the nearest thrift shop or family in need. If not, trash them. You'll be amazed at the freedom you'll both feel.

If you have a family that likes to watch sports together, make each game you watch a party. Serve up some appetizers, plan a half-time show of your own (if you have children get them involved too), and don't forget when you get up to get a drink or snack to offer the same to others as well. "Last week my husband washed the dishes without being asked. This was something totally non-characteristic of him. It's the little things that count! I never thought of myself as a person who liked Acts of Service but I guess I am." - Anonymous

"I make a point of laying my husband's breakfast bowl, spoon and cereal out on the kitchen table the night before so it's ready for him when he sits down to breakfast in the morning (I'm usually still asleep). I know he misses it when I don't do it because he smiles and asks if I still 'love' him." ~Anonymous



Ask a friend if you can take their car out for a little detail. Take it to the wash, vacuum it out, add an air freshener, and top off the gas tank! If their love language is Acts of Service, the gas tank won't be the only tank you'll be topping off.

Airports can be stressful and nerve racking on your way to a vacation destination. Relieve some of the burden by offering to carry the bags of someone you love.

Children often have trouble keeping their room clean. This weekend, offer to help them clean their room or organize their clothes. Not only will it help them feel loved, it will give you some peace of mind.

True leadership requires a willingness to serve others—either one's customers or colleagues. If there is someone who appears frustrated or overwhelmed at work, ask them if you can be of assistance. Have a good attitude and help the way they want you to help, not just the way you think you should help. This is achieved by clarifying exactly how they want you to help before you begin.

How can I communicate my love language of acts of service to my husband when he is overseas for long periods of time? Here's what I suggest, if your husband's love language is acts of service and he is overseas and, consequently you can't do acts of service for him physically, then in your emails or phone calls to him you say, "I just want to let you know, I've been loving you today. I took the garbage out, mowed the grass, mopped the floor..." Tell him the things you do for him that he appreciates, that when you do those things you're thinking about him and about how much you love him. He'll get it and emotionally he will feel your love.

If you have children, offer to take care of them for a few hours so that your spouse can rest.

"When my husband bought his motorcycle, I did not like it at all. I finally went on a ride and now I love it! When he is getting the cycle ready for riding, I'll go out and help him clean it. He loves me helping and I get my tank filled with quality time, too!"

~Anonymous

*"It is our habit to iron all clothes to use throughout the week on a Saturday evening. My wife does not enjoy ironing; so whenever I'm around, I ask her to bring all her clothes to wear through the week and I iron them together with mine." ~Medadi*

*"My husband works a swing shift, and as a result he is always tired. When he is coming home from work after working 3-11pm, I sometimes surprise him by having the garbage can brought out to the road (typically his job) and having a snack plate and beverages ready for both of us to sit down together and have some quality time and snuggling. His big smile is a wonderful reward for me and fills my love tank too!" ~Jennifer*

*"I will make my husband his evening coffee and take it to him, even if I'm steaming mad*

*at him. I want him to know I love him, mad or not." ~Aubrie*

*I got it! Learn to insert these words whenever there is a need you can fill. What does this mean? Well, it plays out like this: When there are groceries to be brought in . . . "I got it." When there are dishes to do . . . "I got it." When someone needs to sweep the floor or wipe up a spilled mess . . . "I got it." When someone has their hands full and needs the door opened . . . "I got it." You get the idea (pun intended)! This type of attitude will not only show that you care, but also courtesy and respect for others.  
(Relationship: All)*

*Serving your spouse breakfast in bed can be a great way to fill his/her love tank. Think through the morning and prepare a plan of action. Don't just leave them stranded in the bed waiting until you fix everything without a magazine, book, or devotional—unless, of course, they are sleeping. Think through the presentation. Remember, don't let this expression of love backfire by neglecting the dishes or leaving a mess in the kitchen.  
(Relationship: Marriage)*

*In the workplace, you can speak the Appreciation Language of Acts of Service. If you notice a coworker overwhelmed with projects, offer to help them out in some way. Not only will you strengthen a friendship, but you will also help to reduce their stress level and create a more positive work environment. (Relationship: Workplace)*

*"One of the best things anyone can do for mom (or wife) is to empty the garbage without being asked. Why such a simple thing? Because it lightens mom's load and that simple task will be truly appreciated!" (Relationship: Household) ~submitted anonymously*